

SERENITY

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*Presenting The Living Light philosophy and
features of interest to spiritually-minded people.*

Serenity

Sentinel

VOLUME X, No. 2

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Questions and Answers

by Richard P. Goodwin

QUESTION: What do the fingers and toes represent?

ANSWER: That has been given in one of our classes, but I will say this, each and every part of our anatomy is represented by a sense function and a soul faculty.

QUESTION: What does the elephant represent?

ANSWER: The elephant is a very eternal symbol, if the trunk is up, of spiritual work. Now by that I mean, work for the light of reason and good for all creation. It is not a new symbol, it is a very ancient, ancient symbol. The elephant, in the world of animals, is the most evolved at this time, on this planet. Whether we think so or not does not change that demonstrable truth.

QUESTION: How can people allow their

QUESTIONS & ANSWERS

creativity to flow without the interference of the mundane, such as paying the rent and other bills?

ANSWER: Well, that depends on what the person with their creativity, and by that I believe they mean their artistic talents, it depends not only upon what they identify with in this life, but especially upon what they depend upon for their life. Now, if in the expressing of a creative talent we become aware of an obstruction to our existence, then of course we have to work with a very basic principle known as survival. If you, whoever wrote that question, is truly interested in the unobstructed flow of their creative talent and is willing to make the effort to re-identify in reference to their survival, and is willing to change their beliefs in their survival from a weekly paycheck and another person, to the Divine Infinite Spirit that sustains their very breath, and accepts that every servant is worthy of their hire, and truly makes that effort to believe that God is the only source of their supply--yes, perhaps they will struggle for a time, for many great artists have, in reference to the material supply of this mundane world, but they have struggled not because of someone else, not because they did not have a sponsor, but because, through an error of ignorance, they denied the greatest sponsor of all sponsors, known as faith in God.

QUESTION: We are taught to educate desire or to fulfill it, but not to suppress it. How can we deal with desires as they rise while we are between the educating and
(continued page 5)

A WANDERER *in the* SPIRIT LANDS

by Franchezzo

MATERIALIZATION OF SPIRITS

CHAPTER XXX

Continued from last issue--

"The aura of those mediums possessing a large amount of a high and pure quality, will diffuse a most lovely clear silver light, which can be seen by clairvoyants, and it helps even immaterialized spirits to make themselves visible. This silver light can be seen radiating like the rays of a star from the medium, and where it is present in a very high degree no other light is required for the materialized spirits to show themselves, the spirits appearing as though surrounded by a silver halo, and with this beautiful light illuminating their garments, they appear much as you see pictures of saints and angels, whom no doubt the ancient seers beheld through the medium of this species of aura.

"Although the aid of a materializing medium and a good circle of persons still in the material body may simplify the process of building up a body in which a spirit may be able to clothe himself, yet it is quite possible for some spirits of the highest spheres to make for themselves a material body without the aid of any medium or any other person in an earth-body. Their knowledge of the laws of chemistry is

QUESTIONS & ANSWERS

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fulfilling state, since fulfilling them is oftentimes not in one's best interest?

ANSWER: Well, it's like the child that burns his hand once--it's usually not enough. It takes a little more experience than that. And, while we are in the process of making some effort to educate our desires in life, especially when we know that they are not in our best interest--when we have had enough, when we have been burned enough times, we will make the change and that change is known as educating the desire.

QUESTION: How may we develop our own attributes for communicating with the spiritual world?

ANSWER: The attributes, in that question, you already have. It is not a matter of developing anything. It is simply a matter of becoming aware of what you already have. The only reason, if you are not yet aware of the attributes that you already have, the only reason that it can be that you are not aware is because of over-identification with the experiences in life that you already, presently have.

Most people think it's so difficult to make the slightest change, so difficult to change our judgments, to free ourselves from them, so difficult to change our thoughts about anything. It is in truth as easy to change a thought to something else as it was to give the first thought we want to get rid of--that first thought, birth. The difficulty or struggle is what we have done by believing that we are the thought patterns that we think we presently are. We are not the thought pattern we think we
(continued page 7)



Visitors' Views



"What can I say except--excellent--from all points--the music--the service--the deep spiritual feeling--the teaching--the personal revelation--the opportunities to love." - F. D.

"One thing that I particularly like is that in all the readings, which are for the others, I can always gather something for myself as if another's reading were for me, too. The fact that it actually relates and pertains to a living person's problems or situation makes the teachings and advice all the more real. Watching how others react, understand or not understand is very live and very real. A sweet lecture is one thing but to see the same advice given to another on a one to one basis is good for me. I have a tendency to accuse or credit myself for everything anyway, be it praise or criticism. So all your advice can relate to me too. Naturally we all appreciate the great sense of humor and kindness with which the readings are given by all." - J.L.

"I enjoyed the sermon. It encompassed the hopes, aspirations, and beliefs that we pray will materialize." - S.S.

QUESTIONS & ANSWERS

continued from page 5

are. True, we are using those thought patterns. True, we are experiencing the effects thereof, but we are not them. No more are we the color of our hair, or the color of our eyes, or the height of our body, we are not those things. We are not the thoughts we think. We experience the reaction from them, but we are not them. When you accept that truth, you are not your hair--if you were, you would be in terrible straits when you start to go bald, you really would--all of us would--you are not your hair, unless you have so attached your mind through over-identification to your hair that you finally believe that you are your hair. And when your hair goes, a very good portion of you goes along with it. So, if we want to be free, and that's what we all really want, then let's just wake up and accept the truth--we are not the foot, cause if we are when the foot goes, we go. We are not the hand because if the hand gets damaged, we're damaged. We are blinded only because we have yet to make the effort to understand and separate truth from creation. We are not things, we are not forms. We use things, we use forms to express. When we believe we are things, then only by having many things do we experience what we call happiness. Therefore, we become dependent upon creation for our peace and joy. And creation cannot offer us peace and joy, for creation is a duality. It offers the light and the dark; it offers the right and the wrong; it offers the day and the night. So we cannot have peace as long as we are attached to creation, to duality. Not until we reach the the neutralization within our consciousness where there is no wrong and there is no

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Views of Our Heavenly Home

by Andrew Jackson Davis

Chapter XI.

REMARKABLE PLACES IN THE SUMMERLAND

Continued from last issue--

* * * Continuing our observations very far east of all we have yet seen, you behold the mountain encircled valley called Ara-Elm-Haroun. Haroun is the original of the name "Aaron;" and the prefixes signify "the land of," or the Valley of the Stranger. And how appropriate is this singular name! For do you not observe the remarkable personal appearance of the inhabitants? Let us meditate:

O home of the doubting heart! O vale of the silence of despair! Here come angels of tenderness and mercy to meet and minister to the constantly arriving suicides, and also to many who have been insane. They breathe and smile upon these unhappy human flowers. But these flowers seem heedless, for are they not enveloped in mental darkness? Angel-voices call the wretched and wrecked wanderers. But, alas! they do not hear the saving music of those voices. Lifelong beggars on earth! O ye careless slumberers

EDITOR'S NOTE --

WE WISH TO THANK YOU FOR YOUR KINDNESS AND PATIENCE IN WAITING FOR YOUR COPY OF THE SENTINEL DURING THIS TIME OF TRANSITION TO A FULLY COMPUTERIZED OPERATION. WE ARE MAKING EVERY ATTEMPT TO UPGRADE OUR PRODUCTION. YOU WILL NOTE THAT THIS ISSUE IS A COMBINED FEBRUARY-MARCH ONE. WE WILL BE ON OUR REGULAR SCHEDULE BEGINNING WITH THE APRIL ISSUE. THANK YOU.

--THE EDITOR

nvocation

Thank Thee, O God, for the reason to know
That it is by making small changes that we
grow.

eading

Our greatest growth steps in life come when we do what we don't want to do. When we bow our egos and take control of our minds, and just get busy and do the very things that are distasteful to us, then we make our most important growth steps. There are always "growing pains" associated with these experiences, but they are only the mental anguish that we experience because we have, in our changing, denied an established pattern of mind, and it is upset. Sometimes our minds get so upset when we try to make changes that they retaliate by telling us that we need to change everything--a new job, new activity, new spouse, new life. In reality, of course, it is not that dramatic a change that is required, but only a minor adjustment such as a change of attitude about where we are, what we are doing, ourselves, or someone else. In other words, when we set about to make minor changes our minds sometimes find it easier to throw away all that we have worked for, to start all over again (change externally), rather than to make a small change in our own mental attitude (change internally). It is at this time we must encourage ourselves, accept the changes graciously, and in the light of reason view our little growth steps.

enediction

May our house a home be
Where we live for a time
That we may express the Divine.

Today's View of Past Frontiers

MARY PEPPER VANDERBILT

Article taken from CENTENNIAL BOOK OF
MODERN SPIRITUALISM IN AMERICA

This remarkable worker born in Mansfield, Mass., in 1868, as Mary Scannell, passed to Spirit April 27, 1919. Her work was executive as well as psychic; she was the back-bone of New England Spiritualism, whose lectures were printed, studied and quoted on both sides of the Atlantic.

As a child she held private test seances. Not only did her mediumship evidence itself at this early age, but her qualities of leadership as well. At 15 years of age a little Spirit Indian Girl -- Bright Eyes -- made herself known as a helper, and became as well known as her medium. This Indian child had a curious dialect, half African, half Indian and wholly ungrammatical. Judge A. H. Dailey, formerly of the Surrogate Court of N. Y. taught this little spirit to speak correctly. Dr. H. B. Storer, President of Onset Camp, trained the medium herself for platform work.

By request of the Czar, in 1906, this medium went to Russia, holding seances in the Imperial Palace, later appearing in several European Capitals, astounding her audiences, "As a test medium she has few equals and no superior" said Moses Hull.

With sealed questions piled high on a table before her, if she saw clairvoyantly any spirit to whom one was addressed she asked the spirit to pick out its own message. Before the eyes of all, the pile of
(continued page 24)

NEWS and VIEWS

by Beverly Houser*

Throughout history, man's search for truth has led him along various paths. Scientists have made startling scientific discoveries not by scientific experimentation alone, but also by other means such as dreams, visions, inspirations. For example, in 1865, following years of research, a German chemist named Friedrich Kekule (1829-1896) had a vision in which he discovered the modern structural theory underlying organic chemistry. Reporting his vision in his own words he said: "I turned the chair to the fireplace and sank into a half-sleep. The atoms flitted before my eyes ... wriggling and turning like snakes. And see, what was that? One of the snakes seized its own tail and the image whirled scornfully before my eyes. As though from a flash of lightening, I awoke. I occupied the rest of the night working out the consequences of the hypothesis." From this vision, Kekule discovered how the atoms of the hydrocarbon benzene were connected, a revolutionary discovery in 1865, which benefitted mankind.

"No man is an island entire of itself."

- John Donne

"God works through man to man."

- The Living Light

"For no one can give to another that which he has not himself, or teach that of which he has no knowledge." -

Plato (428-348 B.C.), Symposium

"Let us learn to dream, gentlemen, and then we may perhaps find the truth." -

Friedrich Kekule's recommendation
to his colleagues in 1865

A THREAD

In the spirit of truth we seek to find
 A common link that will unbind
 Man from the limits of his mind,
 That will close the gap between
 Science, philosophy, music, and math.
 That will find the path
 Of artists, poets, and sages,
 Stretches across the ages--
 On the same bridge.

For man is a speck on the ocean floor
 Never ever knowing more
 Than what he aspires to.
 And when man aspires
 To something outside himself
 Then he receives true wealth,
 For he has given up his thought of self
 To a greater call --
 The common wealth of all.

Then man's creativity begins to flow
 Then man is inspired to know
 That there is nothing new, except to those few
 Who are willing to view beyond their own mind,
 And accept inspiration from like kind
 Who patiently wait to serve
 To give to those who deserve
 The pearls of wisdom, the lovely tune,
 A technological boom.

From Michelangelo to the spacecraft Apollo,
 From Plato to a Beethoven symphony
 A thread runs through.
 A thread that links through time and space
 Advancements for the human race.
 A thread no mind can erase,
 So much power and energy does it encase
 That man for centuries does it embrace,
 And is moved upward toward Divine Grace.

-- Beverly Houser

The Strange Story of

by Anita Silvani

AHRINZIMAN

CHAPTER XI

MANSUR'S SACRIFICE TO SAVE ME

Continued from last issue--

"I may not say more, for already they come to fetch thee, and I may not be found with thee lest I draw upon myself the anger of our Master."

He thrust his gift into my hand and was gone before I could thank him, and while I was examining the slender wand the little cavern was suddenly invaded by a number of dark spirits of the most revolting type, who came to drag me before the Dark Angel.

Instead of allowing them to seize me, however, I signed to them to stand back, and aid that I would follow them if they preceded me.

A savage laugh greeted my suggestion, but when they found that they could not touch me, after making several attacks, they drew back snarling like a pack of wolves, and signed to me to follow them through an opening into the Arena, which brought us out in front of the Dark Angel's throne.

CHAPTER XII

HOW DEATH IS POSSIBLE EVEN IN HELL; MANSUR'S FATE

Strange indeed was the scene upon which mine eyes rested as I stepped into the

THE STRANGE STORY OF AHRINZIMAN

Arena. The great masses of dark smoke which rose continually from the ground in clouds like steam, hung overhead, and were tinged with the red reflections from the blood-stained ground, and the fiery light from many beacons and flaring torches which blazed on all sides, and were fed, not with material fuel, but with the burning passions of the spirits around me.

What had become of the Souls, the immortal parts of those who had contended in the battles I had witnessed I knew not, but the mangled remains of their spirit bodies strewn the Arena in all directions. For Mortals must know, that while the Soul is the truly immortal and indestructible part of man (or animal or plant), the mere body in which it is clothed for the time being, whether it be the body of the Earthly stage of life, or the more ethereal envelope that enfolds it during the so-called spiritual stages of existence, is in no sense lasting. The body can be destroyed in Spirit life as in Earth life, and its entire destruction is in truth its Death, for it and the Soul can never be united again once they are separated, and a body deprived of its vivifying Soul must disintegrate and be resolved again into the atoms of which it was formed. If the body of a Spirit be so battered and bruised, so rent in pieces that it can no longer serve to shelter the Soul, then by a violent severance between the two the Soul is freed from the Spirit body just as it would be freed from the Earth body, and passes into yet another stage of its existence, there to re-clothe itself in a fresh body taken from the elements that compose the new sphere in which it finds itself.

The natural life of the Earth body is by
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Dictionary
of
The Living Light Philosophy



C ompassion is the effect of wisdom. It is not pity. Pity is the effect of sympathy.

D efense mechanisms are created by the mind and controlled by what is known as negative faith or fear to protect form-- the form of thought, the form of belief, the form of a physical or mental or an astral body.

E mbarrassment is a revelation of attachment to a level of consciousness that we are unwilling to change.

J ealousy is uneducated and uncontrolled desire, followed by judgment and a complete denial of personal responsibility.

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far the shortest in duration, and a Spirit body of any sphere may often continue for centuries to serve as the envelope of its Soul, that is, if the Soul remains in a state of development suitable only for that particular sphere. As soon, however, as the Soul is ready for a higher stage of life it must cast off its envelope, be it of the Earth or Spirit spheres, even as a nut casts off its outer husk that the kernel within may be free to expand and grow.

With some Souls these processes of deaths, from that of the Earth body onward, are gentle and gradual, and only like passing through a quiet sleep, to arise in a new sphere clothed in the new body of the Soul. With others, the body is shattered by violence, and torn from the Soul amidst suffering and struggle. Yet in all cases the result to the mere body is the same: it goes to its decay and death, while the Soul it hath released passes onward to a new stage of its immortality.

Thus it will be seen that Death reigns in the Spirit World over the Spiritual envelope of the Soul, even as he reigns on Earth over the Earthly body. And as the Earthly body is destined to return to the elements of the Earth in the form of dust, so does the spiritual envelope return to the elements of each sphere from which it was taken.

Let not those who may read this story of my life and wanderings in the Spirit world wonder that I should describe the Deaths of Spirits. I describe but the deaths of their bodies, as I might describe the death of a mortal body on Earth. Death hath no dominion over the Soul in Earth or Spirit life, but because the sight of one clothed
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THE PENETRALIA

BEING HARMONIAL ANSWERS TO IMPORTANT QUESTIONS

by Andrew Jackson Davis

QUESTIONS ON THE MYTHS OF MODERN THEOLOGY

Continued from last issue--

Thus we see how flimsy is the foundation on which is based the faith of orthodoxy in the plenary inspiration of the Bible; and also, that while there is much in the ancient records tending to corroborate the recital, in "Nature's Divine Revelations," there is at least no testimony in all those ecclesiastical writings by which that statement can be disproved.

What does the investigating world need in order to get at a reasonable estimate of the New Testament?

In order to disabuse the popular mind of the fancy of the infallible inspiration of the four gospels, the world needs a work, without diminishing regard for their real merits, bringing together all the corresponding passages of the four gospels, and pointing out their essential agreements and discrepancies in a fair and candid manner. Such a production would go far, among liberal and thinking minds at least, toward the final solution of the origin of the gospels, as well as determining the spirit in which they were written.

To what conclusion has a certain

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in the garments of Mortality, or of some particular sphere, cannot follow the flight of the Soul as it leaves the envelope which Death hath just claimed for its own, it hath been imagined by some that the Soul exists not, and that all there was of the friend we loved, or the foe we hated, lies in the poor rigid form which Death hath touched and turned into decay.

I knew the body to be a mere shell. My studies had taught me that it was in all respects distinct from my true self. I had parted with one body already. I cared not to linger in so fearful a sphere as this in which I now found myself, and yet, so strong is the attachment between the Soul and its envelope, so great the tenacity with which the two cling together, that as I faced that bloody scene of carnage and thought I also was doomed to such a death as that of those whose remains I saw before me, I grasped yet more firmly the means of escape which Mansur had given me, and turned to face the Prince of Darkness, strong in my determination not to yield to him one inch, until I should be literally overborne by his superior power.

As I raised my eyes to look upon the Dark Angle I saw that the pillars which upheld his canopy above his head were formed of men's bodies, round which huge serpents had twisted their supple forms, and as they met my gaze each serpent opened its jaws and shot out at me its forked tongue, charged with deadly poison, while their green eyes glittered with the reflection of their Master's hatred.

As for the King of Evil himself, he rose to his feet, and pointing at me said in a voice of scornful anger:

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A Guide to Mediumship

and psychical unfoldment

E. W. & M. H. Wallis

Chapter VII.

SOME IMPORTANT CONSIDERATIONS

Continued from last issue--

Mediums should remember that self-dissection, intense anxiety, desire for success, are bad conditions, and induce morbid self-consciousness, whereas the aim of the seeker after spirit guidance and soul-unfoldment must be to forget self, and, for the time at least, to be regardless of success or failure--neither anxious nor afraid, but absorbed in the process of receiving and transmitting the message. Just so soon as the sensitive wants to succeed, he is liable to lose touch with the spirit, his own mind begins to work, and his own thoughts may be mixed up with those of the control, and confusion result.

SHOULD MEDIUMS BE PAID?

There are, unfortunately, very few developed mediums compared with the host of inquirers. There are too few 'home circles' for the cultivation of mediumship for friendly intercourse with relatives and loved ones; and the test sought from professional mediums are too often of a business or personal character instead of such evidences of identity as might be expected during an hour's sweet interchange of thoughts. It is generally felt that

THE STRANGE STORY OF AHRINZIMAN

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"Behold, now, I have prepared a fresh diversion for ye all, for this man is no common knave, like unto those wretched beings whom my beasts have tornto pieces. This is one whose thoughts soar to Heaven and fall back into Hell. This is a man who thought himself fit to be a King, yea, even a King in Hell! Oh, Ye Powers of Darkness, think of it! Imagine this man thinking to reign over aught that lives in these vile lands, when already his heart sickens at the sight of yonder fair scene before us! When he hath not strength of purpose strong enough to resist a woman's scream of anguish! He asked to reign, and, behold, I gave him yonder dark solitary pit for his Kingdom! the only spot here over which he was fit to reign. He offered me his service, his faithful service, if I would grant him his revenge, and, behold, already he repents him of his bargain, and thinks how he may escape from me. What value, think ye, hath the service of such a man? He vowed to fight for me as a soldier serves his general, but what use could I make of so craven a Soul? With whom can I set him to contend, save these lower brutes, to which his carcass may serve as a plaything and a meal!"

(continued next issue)

Why give the key to wisdom's door,
when fools hope and nothing more?

- The Wise One

Oh man think humble yet well of thyself
for in thy thinking is created the vehicle
of the soul. - The Wise One

iscourses

from

The Spirit World

Dictated by Stephen Olin through Rev. R. P. Wilson, 1853

DISCOURSE IX

THE TRIUMPH OF TRUTH

Continued from last issue--

10. It is a truth that by the laws of eternal progression, the earth and its inhabitants have arrived at a state which enables the Spirit-world surrounding the earth to exert a greater and more general influence than at any previous time. And it is also true that spiritual power will cooperate with mankind in hastening the period when the "kingdom of heaven," or harmony, shall be permanently established on the earth. To aid in this work, spirits are preparing mediums who will go forth armed with the panoply of Truth, and who as "flames of fire," will destroy error and ignorance by reflecting rays of spiritual light.

11. It is true that all men should seek the development of their spiritual natures, by the use of means best adapted to produce this result. The all-pervading elements of electricity, magnetism, and the spirit-principle are channels through which the Divine Spirit travels in reaching the spirit of man. It is generally supposed that in religious excitements the Spirit of God is present, accompanying what may be said to

the hearts of the people. This is not true as is generally understood; for what are termed conversions, occur in numerous churches holding opposite opinions, and these all claim that God alone accomplishes the work of conversion, by the ministration and operation of his own Spirit. God never operates in opposite and contradictory ways to accomplish a given result. Nevertheless, all truth, however and wherever proclaimed, has an effect proportioned to the capacity and condition of the receiver. When the spiritual nature of man comes in contact with truth, that truth meets an answering echo in the human breast, and its legitimate fruits will ultimately appear. The germ of all Truth is immanent in man; hence when all the faculties of man are harmoniously developed, the elements of all truth may be discovered. Allow me in this connection to present a rule to discover truth and detect error. Any principle not contained in, and developed by, the human divine organism, can not be true -- and every principle discovered in the harmonious man, is essentially and eternally true. Every such principle will also be impressed upon, and unfolded in, the forms of external nature.

12. It is true that in the development of man's spiritual nature, love to God bears the primary, and love to the neighbor the secondary relation; and these loves, in their practical manifestations, constitute the whole duty of man." To the practical exercise of these loves, mankind should be constantly attracted by the inherent beauties of the one, and by the holy dignity and celestial affinities of the other. An appeal to the fears of man can never conduce to that true wisdom and divine love which are necessary to the proper regulation of human conduct.

(continued next issue)

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envelopes would move and one of them, as though pulled out by an invisible hand, would fall to the floor.

Bright Eyes, as a personality, commanded exceptional interest because of her ability to identify herself. She proved her identity in a way probably unsurpassed in the life of Modern Spiritualism. During a public seance in New Bedford, a skeptic present was greeted by Bright Eyes as a former acquaintance. She said "Why, hello Mr. So-and-so." He denied ever knowing her. "Yes, you do, you got my picture, you took the picture," she said, relating in detail when and how. He was a photographer; went through his negatives, and to his amazement found the picture. No possession of Mrs. Vanderbilt's was more precious to her than the little photo developed from that negative. Rev. Elizabeth Harlow Goetz was present when this incident occurred.

"The Widow's Might," written by Dr. Isaac K. Funk, co-compiler of the Standard Dictionary, was inspired by the messages of Bright Eyes.

Although very ill when the 75th Anniversary of Modern Spiritualism was celebrated in Boston, sponsored by the Mass. State Spiritualist Assoc., she insisted on attending. The outstanding Address she gave on this occasion was her last public appearance. By personal request, her ashes, shortly afterwards, were interred at Camp Etna, Maine.

Thoughts without acts are like seeds without soil -- good to see but waiting to grow.

-- The Wise One



DIVINE HEALING PRAYER

I accept that the Divine Healing Power
Is removing all obstructions
From my mind and body
And is restoring me to perfect
Health, wealth and happiness.
My heart is filled with gratitude
For the Divine Law of Acceptance
That is healing both present and absent ones
Who are in need of help.
Peace, the power that healeth,
Is guiding my thoughts, acts and deeds,
As God and I go hand in hand
Living a life of joyful abundance.



VIEWS OF OUR HEAVENLY HOME

continued from page 8

for years on life's bleak and stormy shores! you do not, because you will not, hear the voice of your Redeemer! You have arrived in this Vale during your profound sleep; and you are in your own proper station in one of the many mansions of the Parental Home in Heaven. Tranquillity broods over the Vale of Haroun. The gently rising mountains all around yield only music and floods of pure light and love and happiness. A rich summer gladness fills the bosoms of the birds, and it thrills through all the landscape about you; but you see it not, neither do you hear anything; therefore you cannot accept and enjoy the goodness and beauty that wait upon you.

Oh, what know ye, unhappy suicides, what know ye of the sweetness that is strained from acts of self-denial? Your irrevocable past is your own; and its multifarious effects are your only personal property. You suffered tortures, and you continually lived in misery. But did you not know that there are hundreds like yourselves, living daily in like circumstances, whose ill-conditions and unhappiness you might have alleviated? Giving, you would have received; befriending, you would have found friends. It is not too late! With violence, by self-destruction, you have forced yourself into the Vale of Aaron. Here you find virtue, service, happiness, beauty, angels of purity and mercy, and yet you would hide yourself! with shoulders bent and downcast eyes you would flee to yonder mountains! Why would you, O suicide! why would you conceal yourself from the contemplation of the fair-eyed and sweet-faced angels who lovingly bend over you?

Spiritual Healing

by Britt Toquinto*

Have you ever been with a person and felt good? Have you ever walked on the beach and listened to the waves and felt good? Have you ever walked in the woods and felt a calmness that you could not explain, it just felt good? That's what we call a good vibration or a healing vibration.

Most of us have jobs where we get tense. We ride the bus to and from work sitting with people and suddenly feel tense all over. We go to the grocery store and feel irritated and tense with all the people.

Everywhere we go and everything we touch and everything we see has vibration. If we are so receptive to all these vibrations around us, other people are the same, which means that we all should try a little harder to be at peace and send out good harmonious vibrations. When you feel upset and irritated, stop for a moment and try to emanate peace and change your vibration in that instant. It can be done in a moment with effort, for nothing comes without effort, and we can change our feelings and outlook on life in an instant.

Would it not be nice to always feel good and peaceful? Well, it can be done, but it takes a lot of effort on our part because we and we alone make our happiness and unhappiness so it is up to each and everyone of us to make each moment the best that we could ever make it and life will be beautiful. So, look up and smile and make a statement that this moment is the best and the next moment will be even better because it is surely a beautiful world. □

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mediums should earn their livelihood and devote only their few hours of leisure to the study and cultivation of their mediumship, and yet they are expected, with spent forces and tired brains, to be well-tuned instruments for spirits to operate upon! Strong prejudices are felt by many people against 'paid mediums,' but we cannot see why! If the medium is sincere and earnest; if he devotes his time and energies to the service of his clients; if he is not a mere 'hireling' (working solely for a fee), but one who loves his work and desires to do good, why should he not be paid, and well-paid, too, so that he may be above the financial disturbances which would unfit him for his office?

Those who think mediumship too sacred for everyday life should do with mediums as the ancients did with their oracles--keep them, and surround them with good, true and happy conditions. Until that is done, and mediums are lifted out of the turmoil where they have to earn their daily bread, it must be manifest to unprejudiced people that if they devote their strength and service to the work, they are worthy of support.

To those of our fellow-sensitives who feel the 'call of the spirit' to go forth and preach the gospel, heal the sick, and comfort the bereaved, we would say, 'Magnify your office; do your utmost to perfect your powers; try to make progress and render yourself fit for the work you have to do, that it may be well and worthily performed; and at the "highest and the best."'

(continued next issue)

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continued from page 4

sufficient and their will power is adequate to the strain imposed on it in the process, and in the atmosphere of the earth as well as in the plants, minerals, and animals, is to be found every substance of which the body is composed and from which the life essence is extracted. The human body is a combination of all the materials and gases found on and in the earth and its atmosphere, and it only requires a knowledge of the laws governing the combination and adhesion of the various substances to enable a spirit to make a body in all respects similar to that of terrestrial man, and to clothe himself therewith, holding it in combination for a longer or shorter period at will.

"Such knowledge is of necessity unknown as yet except in the higher spheres, because it requires a high degree of development in the mental condition of the spirit before he can duly weigh and understand all the minute points and numerous laws of nature involved in the subject. The ancients were right in saying they could make a man. They could do so, and even animate their manufacture to a certain degree with the astral or lower life-principle, but they could not continue to sustain that life by reason of the extreme difficulty in collecting this lower life-principle, and when they had so animated the artificially made body it would be devoid of intelligence and reason, these attributes belonging exclusively to the soul, and neither man nor spirit can endow such a body with a soul--that which alone can give it intellect and immortality. At the same time an artificially made body could serve as a covering to a spirit (or soul) and

Serenity Students

by Hazel Field*

Every experience that we have in life is necessary to set our souls free. As we go along in life, we find experiences that are unpleasant but if we pause and try to find the good in each experience, it will be revealed to us. We are responsible for the thoughts and actions we create, and when we stop to think positive thoughts before doing anything, we'll begin to change our attitudes and the laws that we are setting into motion in our lives. The causes of what is happening to us are within us and not outside of us.

Everytime we think in a negative manner we should stop, pause to be at peace and redirect our thoughts to something greater, to God, and we'll find more positive experiences begin happening in our lives. It is a great world when we make the daily effort to say that it is and believe that it's so. □

*Editor's Note--The SENTINEL extends its appreciation to the many students of the Serenity concept of Spiritualism who contribute their articles to this magazine, sharing their understanding with our readers. Student articles are recognized by an asterisk.**

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enable him to converse with men for a longer or shorter time, according to the power of the spirit to retain this material envelope in the complete state. Thus no doubt those of the ancients who had acquired a knowledge of these things could also renew at will the material covering of their bodies, and make themselves practically live upon the earth forever, or they might disperse these material atoms and walk forth in the spirit freed from the trammels of the flesh, reconstructing the earthly body again when it suited them. Such spirit men are the Mahatmas, who by the knowledge of these and kindred secrets do possess many of the marvellous powers attributed to them.

"But where we differ from them is in the application of the knowledge they have thus gained and the doctrines they deduce from it, and also as to the unadvisability of imparting it freely to men in the flesh, and the duty of withholding it from them as a dangerous thing. We hold there is no knowledge given to any spirit or mortal, which may not be safely possessed by every other, provided they have the mental development to understand and apply this knowledge. Our great teacher of these subjects, the guide Ahrinziman, was a native of the East and has been a student of occult subjects, both in his earth life and in the two thousand and more years that have passed since he left the earth, and this is his decided opinion, and he has seen both the origin and the practice of many of these ideas that are as yet new to the Western mind.

"While thus possessing the power to create a material body from the elemental atoms alone, spirits of advanced knowledge seldom use this power, because for ordinary

In Our Thoughts

Black Hawk, Jr.	Jonquil
Mary Bowen	Charlotte Kweder
Dean Cavender	Lucas Family
Vera Cavender	Erick Othberg
Harry Claveri	Greta Othberg
Bessie Davis	Grace Overmeyer
Harry Davis	Eunice Short
Peter Fink	Snowflake
Francis M. Gelardi, Jr.	Carlotta Sosa
Isa Goodwin	Thomas Sosa
Kathleen Graves	Sunshine
Michelle Graves	Susie
Scott Graves	Britta Uppstrom
Hansen Family	Esther Yavneh
Flora Harlan	

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column. Donation of one one dollar per name is requested.

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materializing purposes there is no need to exercise it, the emanations from the members of the materializing circle and the aura of the medium, which are already saturated with the necessary essence for the formation of a body, saving them both time and trouble, and simplifying the process. It is just as the buying a ready made piece of cloth simplifies the making of a garment, instead of the tailor having to proceed first to grow the wool, then to spin it, and finally to weave it into cloth for himself before he can begin to make the garment.

"In some cases so much of the material is taken from the medium's body so as to perceptibly alter its weight. In others nearly the whole of the material covering is used, so that to material sight the medium has vanished, although a clairvoyant may perceive the astral or spirit form still seated in the chair. In such cases it is simply, the gross material atoms which have been made use of, while the mental atoms have not been touched. As a rule the spirits who take part in a materializing seance, both those who materialize themselves and those who assist the chief controlling spirit, are ignorant of the means by which the results are obtained, just as many persons who avail themselves of the discoveries of chemistry and the articles manufactured by chemists are ignorant of how those substances are obtained. There is in all materializations an invisible head or director from a sphere greatly in advance of the earth, who may be called the chief chemist, and he passes his directions to a spirit strong in the power of controlling the forces of the



Children's Corner



People are like train track - thay switch thay level a lot.

Michael Field, Age 10

GOD is good. So if you put GOD first good things will happen to you. You can put GOD first by being at peace. You can be at peace by saying your affirmations.

Stacey McKenzie, Age 10

Suffering is something you can do without but you can make it be better because of all the nice people and things around you can be loving if you really want to.

Ayanna Wright, Age 9

When you know someone that you don't like you compare them with yourself. You can't fill your cup if it's already full, you need to empty it - that you have to talk things out when you're mad so that others can understand your feelings.

Patrice Karlsen, Age 12

In keeping with Serenity's policy to encourage expression by all its students, this column contains the unedited articles submitted by the children attending our children's philosophy classes.

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astral plane and to others under him, who come in contact with the medium and direct the order of the materializations of personal friends of the sitters, besides sometimes materializing and showing themselves to the circle.

"There is a powerful movement going on now in the spirit world with the object of extending the knowledge of all these subjects, both among spirits and men in the flesh, and the ecclesiasticism, whether of the East or of the West, which would still shut up such knowledge within the precincts of the temple, may fight against this movement, but it will fight in vain. The power is too strong for them. Men are pressing into the avenues of knowledge on all sides and thronging round the doors which, sooner or later, must be opened to them.

"You cannot suppress knowledge. It is the inalienable birthright of every soul. Neither can it be made the property of any class. So soon as the mind begins to think, it will search for knowledge, and feed upon such crumbs as come in its way, and surely it were better to impart the knowledge sought carefully and judiciously so it can be assimilated, than try to suppress the desire for it, or leave the hungry soul to gather it for itself in the garbage heaps of error.

(continued next issue)

He who loses what he values and suffers, is a fool. He who loses what he values and is free, is a wise man.

- The Wise One

Ghost Land

RESEARCHES INTO THE MYSTERIES OF OCCULTISM

Translated & Edited by Emma Hardinge Britten
1897

CHAPTER V. - MAGIC IN ENGLAND -

JOHN CAVENDISH DUDLEY

Occultism - The Letter-Shadows of Fate - The
Supermundane Beliefs - Bohemian Wonder -
Among the Magicians - The Inner Light -
Curative and Prophetic Powers.

Continued from last issue--

Before I had completed my educational term in Europe, I had the misfortune to lose my good father; but immediately after his death I received letters from my mother and our Hindoo connections, directing me to enter upon a course of study in a certain military school in England, where I was to fit myself for following my father's profession of arms in India.

Although I was greatly adverse to this course, and would have preferred any other occupation rather than that of a soldier, I found the arrangements for my continuance in Europe were made contingent upon my compliance with these directions, and I had become so warmly attached to Professor von Marx, and his affection for me had become such an indispensable element in my existence, that I was willing to avail myself of any opportunity that would enable me to remain near him, if not absolutely so much in his society as formerly.

My mother informed me that honorable distinction and rapid military promotion awaited me in India, through the influence
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FABLES for young and old

THE FROGS DESIRING A KING

The Frogs, who were living a free and easy life, all got together one day and asked Jupiter to let them have a king who might watch their morals and make them live a little more honestly.

Jupiter was in pretty good humor that day; so, with a laugh, he tossed down a log and said, "All right, thee is a king for you."

The log landed with a splash and scared the frogs so that they were afraid to go near it. After a while, however, when it lay so still, they went a little closer and a little closer. In a very short time they were hopping and diving all around it and treating it with familiarity and contempt.

Not being content with such a do-nothing, insipid king, they sent to ask Jupiter to send them a different sort of ruler.

Jupiter by that time was tired of their complaining, so he sent them a Stork who wasted no time or ceremony. He started in eating frogs right and left as fast as he could gulp them.

What frogs were not eaten began to croak and ask for still another king, or to be allowed to go back to the good old days when they had no king at all.

"No," said Jupiter, "this was your idea and so now you will just have to make the best of what you asked for."

The Point: If you are getting along all right, you had better think it over before you ask for a change.

Drop your anchor in principle and you will have greater service to God. - The Wise One

GHOSTLAND

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of my father's connections and the high estimation in which his noble services had been held, and she besought me not to blight all the hopes she had founded upon my compliance and good conduct, and concluded by referring me to the parties in Europe who would carry out her wishes by providing for my studies in the English military school. Professor von Marx seemed half amused as well as not a little pleased with the sorrow and reluctance I exhibited at the prospect of my separation from him. He told me his professorship at B---- had been accepted rather as a means of diverting attention from the more occult pursuits he delighted in, than from any necessity on his part to occupy himself in scholastic duties.

Being, as he said, free to come and go as he pleased, and having conceived an attachment for me which would render our separation mutually painful, while he advised me not to oppose the wishes of my friends in their choice of a profession, he completely reconciled me to my enforced absence from Germany by frequently visiting me in England, and spending much of his time in a quiet lodging near my school, where he occupied himself in his favorite studies, and enabled me to pass all my leisure hours in his society. Once more, then, we devoted ourselves to the experiments in which we had been engaged with the Berlin Brotherhood, and as I invariably spent my vacations at my beloved friend's residence near the college at B----, I troubled myself but little about the new views of life that had been opened up to me. My mother had consented to my remaining with Professor von Marx until I should have completed my twenty-second year;

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truth-searcher come?

By pushing investigation seriously in regard to these books, he has come to the conclusion that they are all didactic romances, designed by good men to inculcate moral principles by aid of anecdotes and symbols; that they were written after the second terrible overthrow of Jerusalem, A.D. 131, by men who had never seen the person of Jesus, whom they described by aid of traditionary transmission; and the object for which they were written is the same as the object of modern Sunday-school books, that is, for the moral advancement and religious indoctrination of the young catechumens of the church; and that too at a time when (as De Quincey shows, in his essay on the Essenes) the Palestine Church had become temporarily a Secret Association; reserving one of its cardinal doctrines -- The Messiahship of Jesus as a secret mysterion -- to be revealed only to the initiated: while the other cardinal doctrine -- The speedy coming of the kingdom -- being esteemed of such universal import, was taught without reservation to the people.

By further investigation, he has also come to the conclusion, that the gospel attributed to St. Mark, not precisely as we now have it, however, was the original gospel; that the gospel according to Luke was a copy subsequently taken -- an amplification of Mark's; and that the Matthew-gospel was a copy of both Mark's and Luke's, with original addition as (by the so-called Matthew) of traditionary and genealogical information.

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GHOSTLAND

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but as time sped on, and the attachment between myself and the professor deepened, the links which bound me to that strange man seemed to have become interwoven with my very heart-strings, and to contemplate rending them asunder was to me an idea fraught with indescribable anguish. After the lapse of many years of time, and with every youthful heart-throb stilled into the calm of waiting expectation until the mighty change shall come, even now I can hardly recall the life of indescribable oneness and magnetic sympathy which attached me to my singular associate without amazement that the identity of one human being should have become so entirely merged in that of another. In his presence I felt strong to act, clear to think, and prompt to speak; yet by some strange fatuity, it seemed to me as if acts, thoughts, and words took their shape from him, and without the least effort on my part to discover or inquire his will, I know that I lived beneath its influence, and derived my chief motives for speech and action from the silent flow of his thoughts. When I was absent from him, I became an indescribably lost creature. I was dreamy, uncertain, wandering; not so much a child as a being without a soul--one in whom instinct remained, but self-consciousness lacked the pivot on which to revolve, and hence the wheels of mind vibrated and swung to and fro, searching for the sustaining power on which to anchor.

I can now discern the secret of this mystic spell, although I do not know that I have ever had the opportunity of observing a case in which one soul had acquired over
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another an equal amount of control. The magnetic life of Professor von Marx had been infused into my system until I was a part of himself; his strong and persuasive will had pierced my very brain, until it had found a lodgement in the innermost seat of intelligence.

By mutual understanding, though without any outward expression in words, I considered myself the adopted son of Professor von Marx, and I not only felt restful and happy in this tacit arrangement, but I vaguely speculated upon the possibility of my soul becoming soon separated from the frail tenement it inhabited, and perhaps absorbed in the grander and more exalted entity of the being I so strangely idolized.

I do not know to this day how far the Professor realized his magical power over me. He knew that I read his thoughts like an open page. He was able to conceal or reveal his will to me at pleasure, and without a word spoken. I knew when he willed to shut his thought from me, and at such times I was a blank.

When there was no such mental wall erected between us, all was as clear and lucid to me as if he were myself. I prepared myself to walk or ride with him, came and went as he wished, and all without a word spoken or a gesture made.

(continued next issue)

Seekers of truth can think only of all life.
- The Wise One

✦ **humor is the salvation of the soul** ✦

The father was lecturing his son on economy. "You know son, when I was a boy there was a depression and my father didn't make much money. I didn't have half the things you do."

"Well," replied the boy, "can I help it if my father is smarter than your father?"

-- Dairymen's Digest

The Living Light Philosophy: A wise teacher uses whatever methods legal to teach the student.

SERENITY EVENTS

DINNER PARTY: FEBRUARY 21, 1981 at 6:30 pm

MARCH 21, 1981 at 6:30 pm

A birthday party will be held on February 21 and a Swedish Smorgasbord on March 21. All are cordially invited to attend these dinner parties at the American Legion Log Cabin in San Anselmo. The social hour begins at 6:30 p.m.

BAKE SALE: FEBRUARY 14, 1981 -- all day

The February bake sale will be held on Valentine's Day at the Montecito Shopping Center in San Rafael.

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